

KETTLEBROOK SHORT STAY SCHOOL : PSHE YEAR 11 OVERVIEW 2025-26

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Scheme of Learning	Positive and unhealthy relationships (rights and responsibilities, abuse, domestic abuse, online, manipulation, persuasion or coercion). Appropriate advice and support. Impact of porn and sexualised images and online relationships. Manage strong emotions including grief, divorce, relationship endings. Recognising unwanted attention. Managing personal safety.	Study and employability skills. Strengths and areas for development. Labour market, local, national and international employment opportunities. Work experience. Confidentiality and discrimination in the workplace. Consent – revision of previous learning.	Sleep, diet exercise Reliable advice (eg NHS online) Confident NHS Use. Drugs and alcohol. Consequences of substance misuse for mental and physical health. Balanced approach to time online PRIDE – celebration of diversity in gender identity and sexual orientation.	To identify reliable sources of information. Pregnancy, possibility of miscarriage, choices and support. Stress management. Working with younger students about influence of gangs. How actions can affect mental health. Change and impact on mental health Promoting own emotional wellbeing, avoiding negative thinking	Revision skills. Careers Advisor Support – New beginnings – beyond Kettlebrook.	Stress management, working with younger students (positive use of influences – gangs
Link to KS3	H6-8. H13-15, H25-28.	H1-5, R24-R31, L1-6	H13-19, H34-36	H16-12, H23-29	R13-23, R42-R47	L1-4, L13-19
KAT (Key Assess Task)	Autumn 1 Assessment	Autumn 2 Assessment (Report, PRD)	Spring 1 Assessment	Spring 2 Assessment (Report, PRD)	Summer 1 Assessment	End of Year Assessment (Report, PRD)
Wellbeing and Enrichment	5 Ways to Wellbeing. World Mental Health Day – 10 October. Wellbeing Day 24 Sept.	Accessing online positive messages, activities including meditation.	Promotion of exercise and access to health care.	Positive choices for healthy body and mind.	Support with resilience.	Promotion of healthy activities for the summer holidays. Sports Day.
Careers	Social Work, Solicitor, Support Worker.	The law protects us all against discrimination in the workplace.	Careers in the health sector; medicine, nursing, pharmacy.	Midwife, doctor, paediatrician	University, college places and requirements.	Next steps, moving forward – AIM HIGH.